

# Cortislim



## Claims/Benefits:

Enables individuals to lose weight by decreasing the secretion of cortisol. Helps balance blood sugar to reduce cravings and maximizes metabolism to boost energy expenditure and fat-burning. Obesity and fat accumulation occur when the body increases the secretion of cortisol in response to stress, and Cortislim claims to block this response.

## Bottom Line:

Although the cortisol level in our bodies increases with stress, there is no evidence that it would lead to obesity. Clinical trials have not shown that the ingredients in Cortislim have any effect on cortisol levels. There is no basis for the claim that these "proprietary ingredients" have a significant effect on weight loss by manipulating the body's cortisol levels. Save your money and instead rely on caloric balance (calories in minus calories spent) to lose excess body fat.

## Q: What is cortisol and its role in the body?

A: Cortisol, also called hydrocortisone, is the primary stress hormone produced by the adrenal glands. Known as the "fight or flight" hormone, cortisol levels increase in times of physical or emotional stress, which result in elevated blood glucose levels to help one escape or ward off predators. Cortisol plays a role in controlling carbohydrate metabolism, inflammation, and cardiovascular function, yet it cannot be labeled as the singular cause of obesity.

Ingredient Name	Effectiveness	Safety	Side Effects
Magnolia Bark	There is not enough scientific research available about the effectiveness of magnolia bark and weight loss.	There is insufficient clinical research examining the safety of magnolia bark. Pregnant and lactating women should avoid using it.	None reported.
Bitter Orange	Preliminary clinical research suggests that a combination of bitter orange, caffeine, and St. John's wort may be helpful for weight reduction when used with caloric restriction and exercise. However, more evidence is needed to confirm bitter orange's role in weight loss.	Possibly unsafe when used orally in high doses. Dangers include high blood pressure, increased risk of heart arrhythmias, heart attack, stroke.	Bitter orange contains synephrine, which is similar to ephedra. May cause hypertension, cardiovascular toxicity, myocardial infarction, stroke, seizure, and other serious side effects.
Chromium	Taking chromium orally does not seem to enhance bodybuilding, strength or lean body mass. Well-designed, reliable studies show that adding chromium or chloride 177-200 mcg daily to a weight-training program has no additional beneficial effect on body composition. Taking chromium picolinate orally 400 mcg alone or adding it to an aerobic exercise program does not seem to help increase weight loss or decrease body fat in obese patients.	There is not enough scientific research to establish safe and tolerable upper intake levels. There is also some concern that long-term supplemental use may not be safe due to potential mutagenic effects. Until more is known, long-term chromium supplements should not be used.	Orally, chromium in the trivalent form (Cr III) is generally well tolerated. However, some patients can experience cognitive, perceptual, and motor dysfunction at doses as low as 200-400 mcg per day of chromium picolinate.

**Q: Can too much stress make you fat?**

A: In the body, cortisol is a potent signal to do two things- increase appetite and store fat. This means that whenever we are under stress, the increased cortisol in our body tells our brain that we are hungry, while at the same time telling our fat cells to store as much fat as they can. Although some individuals who are under stress tend to eat to soothe their feelings, it is an oversimplification to state that stress alone can cause weight gain.

The makers of Cortislim have positioned their product perfectly to tap into one of the major issues of today's hectic lifestyle- stress. They offer Cortislim as a magic pill to aid with stress and weight loss.

Instead of being another victim of strategic marketing, you can incorporate simple stress management techniques such as deep breathing, meditation, yoga and other relaxation exercises to effectively reduce cortisol levels in the body without the use of supplements.

**Q: What should I do to lose weight?**

A: The next time you see an infomercial for Cortislim, turn the TV off and put on your walking shoes. You can lower your cortisol levels naturally with exercise and stress management, without spending empty dollars on false claims and promises. The weight loss equation remains the gold standard in losing excess weight. Expend more calories than you take in. Eat a diet high in whole grains, fruits and vegetables and stay hydrated with water. Although there still is no magic pill for weight loss, remember that you are ultimately in control of your health and you don't need Cortislim to be slim.

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